

FOLLOW-UP RELEASE



PHYSICAL EDUCATION DIRECTORS CHARGE 5 BX OUTDATED

The first ever "Participation Night" program being organized and conducted by Loyola College on Thursday evening February 17 aims to dispell the theory that drudgery and fitness are synonymous.

The research work done with College Students by Mr. Ed Enos, Director of Physical Education and Athletics of Loyola clearly indicates that the 5 BX and similar fitness programs are not attuned to the times.

Enos Explained: "The thought of doing sit-ups, push-ups, and other repetitive exercises holds no appeal for 95% of the population. The program we will offer on Thursday evening is an illustration of the four points that myself and colleagues believe must be emphasized if we are to improve physical fitness on a national scale:

1. Association of fitness and fun through programming and publicity.
2. Stressing activities which encourage regular family participation.
3. Building activity into one's life.
4. Co-Ed grouping in school and recreation programs. The strictly all male and all female segregation is archaic."

Mrs. Boland, Loyola's Director of Women's Athletics, who is coordinating "Participation Canada" night supports Enos' claims and stated: "that the exhilarating feeling of being physically fit is not the exclusive domain of young men. Fitness is for men & Women as well as for the young and old. This fact will be amply demonstrated on Thursday evening when a 61-year old semi-retired businessman will be matched against a varsity athlete and a female athlete matched against a male athlete on the bicycle ergometer, which measures degree of fitness rather than strength."

"If the Government Sport Participation Canada is to be successful all Canadians must realize that fitness is essential for their total well-being, and they must take the initiative to participate, said Boland."